



# WOMEN'S ONLY RECOVERY GROUP

Beginning \_\_\_\_\_, join our supportive 16-week group designed for women (18+) who are ready to strengthen their recovery and build lasting skills for a healthy, balanced life.

**THURSDAYS  
10AM-12PM**



**1 SESSION PER WEEK/16 WEEKS TOTAL**

**NOBLE  
COMMUNITY CLINICS**



**1701 N. SPRING ST., BEAVER DAM, WI**

**CONTACT US AT  
1.800.942.5330**



## WHAT YOU WILL LEARN

- Psychoeducational content with attention to women-specific recovery experiences
- Addressing healthy relationships, boundaries, social supports, and recovery maintenance
- Managing stress, cravings, and distress
- Relapse prevention planning and problem solving skills
- Peer interaction skills

**Mollie Kallas, CSAC, ICS**  
*Substance Use Disorder Counselor/  
AODA Clinical Supervisor*



**Giving... Receiving...  
GROWING!**



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